

Walking with Jesus: A Road to Emmaus Lesson Plan

This Road to Emmaus lesson plan focuses on the Gospel story of the Road to Emmaus, where Jesus revealed Himself to two disciples after His resurrection. The object of this lesson is to help youth understand the importance of recognizing Jesus in their daily lives and walking with Him as their Savior and friend. It is designed to help students relate to the story of the Road to Emmaus and find guidance and comfort in their faith.

Materials for Road to Emmaus Lesson Plan

Bible, printed copies of Luke 24:13-35, paper, pens/pencils, small group discussion questions.

Opening Game for Road to Emmaus Lesson Plan

Guess Who?

1. Ask each youth to write the name of a person they admire or look up to on a piece of paper.
2. Have each youth write three clues about the person on the same paper.
3. Collect the papers.
4. Randomly choose one of the papers and read the three clues to the group.
5. Have the group try to guess the name of the person being described.
6. Repeat steps 4-5 with the rest of the papers.

Scripture Reading for Road to Emmaus Lesson Plan

Today we are going to explore the Gospel story of the Road to Emmaus, where Jesus revealed Himself to two of His disciples after His resurrection. This story shows us how Jesus is always with us, even when we don't realize it, and how He can help guide us through our struggles.

It also emphasizes the importance of recognizing Jesus in our daily lives and walking with Him as our friend and Savior. As we read the scripture passage, I encourage you to think about how this story relates to your own life and how you can apply its lessons to your faith journey

Read [Luke 24:13-35](#):

That very day, the first day of the week, two of Jesus' disciples were going to a village seven miles from Jerusalem called Emmaus, and they were conversing about all the things that had occurred. And it happened that while they were conversing and debating, Jesus himself drew near and walked with them, but their eyes were prevented from recognizing him.

He asked them, "What are you discussing as you walk along?"

They stopped, looking downcast. One of them, named Cleopas, said to him in reply, "Are you the only visitor to Jerusalem who does not know of the things that have taken place there in these days?"

And he replied to them, "What sort of things?"

They said to him, "The things that happened to Jesus the Nazarene, who was a prophet mighty in deed and word before God and all the people, how our chief priests and rulers both handed him over to a sentence of death and crucified him. But we were hoping that he would be the one to redeem Israel; and besides all this, it is now the third day since this took place. Some women from our group, however, have astounded us: they were at the tomb early in the morning and did not find his body; they came back and reported that they had indeed seen a vision of angels who announced that he was alive. Then some of those with us went to the tomb and found things just as the women had described, but him they did not see."

And he said to them, "Oh, how foolish you are! How slow of heart to believe all that the prophets spoke! Was it not necessary that the Christ should suffer these things and enter into his glory?" Then beginning with Moses and all the prophets, he interpreted to them what referred to him in all the Scriptures.

As they approached the village to which they were going, he gave the impression that he was going on farther. But they urged him, "Stay with us, for it is nearly evening and the day is almost over." So he went in to stay with them.

And it happened that, while he was with them at table, he took bread, said the blessing, broke it, and gave it to them. With that their eyes were opened and they recognized him, but he vanished from their sight. Then they said to each other, "Were not our hearts burning within us while he spoke to us on the way and opened the Scriptures to us?"

So they set out at once and returned to Jerusalem where they found gathered together the eleven and those with them who were saying, "The Lord has truly been raised and has appeared to Simon!"

Then the two recounted what had taken place on the way and how he was made known to them in the breaking of bread.

Reflection for Road to Emmaus Lesson Plan

Have you ever felt lost or confused, like the disciples on the Road to Emmaus? Maybe you've had doubts about your faith or struggled with personal issues. The good news is that Jesus is always with you, even when you don't realize it. He is there to guide you through your struggles and to offer comfort and support.

But recognizing Jesus in our daily lives can be difficult. Sometimes, He reveals Himself to us in unexpected ways, just like He did to the disciples on the road. Maybe it's through the kindness of a stranger or a meaningful conversation with a friend. Whatever it may be, we need to be open to recognizing Jesus in these moments and allowing Him to guide us on our journey.

As we continue with our lesson today, I encourage you to reflect on the ways in which Jesus has revealed Himself to you in your life. Think about how you can walk with Him as your friend and Savior, and how you can share the message of Jesus with others.

- What do you think the disciples were feeling as they walked on the road to Emmaus?
- Why do you think they didn't recognize Jesus at first?
- How did Jesus reveal Himself to the disciples?
- Why do you think Jesus chose to reveal Himself in this way?
- How can we recognize Jesus in our daily lives?

Small Group Reflection Questions for Road to Emmaus Lesson Plan

- How has Jesus revealed Himself to you?
- How can we walk with Jesus as our friend and Savior?
- What are some ways we can recognize Jesus in our daily lives?
- How can we share the message of Jesus with others?

Challenge for Road to Emmaus Lesson Plan

This week, spend some time reflecting on the ways in which Jesus has revealed Himself in your life. If the opportunity presents itself, share these experiences with others. Remember to continue to walk with Jesus as your friend and Savior.

Prayer for the Road to Emmaus Lesson Plan

Lead the group in a prayer thanking God for revealing Himself to us and asking for the grace to recognize Jesus in our daily lives.

Loving Father, we thank you for the story of the Road to Emmaus, where Jesus revealed Himself to His disciples after His resurrection. We ask for your guidance and strength as we walk through our own struggles and doubts, and as we strive to recognize Jesus in our daily lives. Help us to see Him in unexpected ways and to walk with Him as our friend and Savior.

Lord, just as the disciples' eyes were opened as they broke bread with Jesus, we ask that you open our eyes to the truth of your love and the gift of the Eucharist. May we recognize Jesus in the breaking of the bread and be filled with His grace and love.

We also are grateful for your blessings on our small groups. May we continue to encourage and support one another in our faith journeys.

We offer this prayer in the name of Jesus Christ, our Lord. Amen.

Resources

[Pope Francis reflects on the Emmaus story](#)

[Learn more about Jesus Christ through Scripture and prayer](#)

[More Themes for This Lesson Plan](#)

[Background Material](#)

[Music Suggestions](#)